

# "Name this Newsletter" Contest -

see page 3—Director's Corner

Issue 2010-1

May 2010

## In this issue:

Success Stories	1-2
Calendar	3
Director's Corner	3
Meet Our Staff	3
Try This! (recipes)	4
Food Distribution	4
Team Nutrition	4
Other Notes	5

If you know of a nutrition-related or food service success story, please contact Kristin Oles at [koles@doe.in.gov](mailto:koles@doe.in.gov)

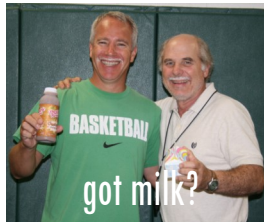
## Got Milk? Zionsville Middle School Does!

Zionsville Middle School's Food Service Manager brings the school together through creativity

Food Service personnel across Indiana face the challenge of how to get students and staff more interested and excited about what's going on in their cafeterias. Maureen Dvorak, Food Service Manager for Zionsville

*"We have 'Got Milk' posters with celebrities on them in our cafeteria... So, I thought it would be fun to have our own school celebrities."*

-Maureen Dvorak  
Zionsville Middle School  
Food Service Manager



Middle School came up with an idea that worked. Wanting to drum up more business in the cafeteria in a fun way, Maureen recalled all of the "Got Milk?" posters displayed around their cafeteria and, using her background in photography, she decided it would be fun to have "GotMilk?" posters with their own school celebrities.

"Managers in the kitchens are in an incredible position to lead the staff in nutrition awareness! They are able to 'sell' great information... Maureen has taken an important concern and

devised a fun way to address it! She has taken the cafeteria out into the school with her milk mustache project and this was entirely her own doing," commented Jan Swander, Zionsville Community Schools Food Service Director.

After gaining approval from her director and assistant principal, she approached a few teachers to see if they would be willing to participate. As she started taking the pictures and getting the posters made, other teachers began to approach her, wanting to be a part of the project. Now, there is even a waiting list!

The Zionsville Community Schools' Superintendent, Dr. Scott Robison, heard about the posters and visited the middle school to observe the posters now adorning the cafeteria walls. He even featured one of the photos in his weekly newsletter,

e-nexus, to school staff and parents.

Most recently, Maureen has expanded the project and involved even more of her community. Prairie Farms donated about 400 milk cartons for her next shoot.



She enlisted the help of Life Skills students to put the cartons together. Then, she visited the daycare located at the middle school to take another round of "Got Milk?" photos.

Thanks to Maureen's ingenuity, not only is all of Zionsville Middle School more excited about their cafeteria, but so is much of their community! For more information, contact Maureen at [mdvorak@zcs.k12.in.us](mailto:mdvorak@zcs.k12.in.us).



# Elkhart Community Schools: Partnering to Make a Difference



## Jennings County Nutrition Newsletter

Jennings County School Corporation's Food Service Department provides "Nutrition Nuggets," an electronic newsletter on the school corporation's website. This monthly newsletter is full of practical ideas to help families improve their nutrition and physical activity by highlighting inexpensive ideas for eating and exercising on a budget. It features useful nutritional information, activities, and recipes, as well as emphasizes the importance of physical activity and family fun. To access the newsletter, click [here](#). There will be an icon to click for each month's newsletter. Feel free to read all of the issues on line. We hope you enjoy them! For more information, please contact Susan Wood at [swood@jcs.org](mailto:swood@jcs.org).

The Elkhart Community Schools' Food Service Department, led by Pam Melcher, Director of Food Services, is involved in a number of projects throughout the corporation to improve the health and wellness of their students, staff, and community. The Food Services Department has:

- Designed healthy birthday treat packages, that are catered by food service, and served in the school
- Offered a free fresh fruit in the morning and a free fresh vegetable for lunch to all secondary students
- Added more fresh fruits and vegetables to the elementary menus
- Held a motivational contest during school breakfast week in which students had a race car displayed that moved forward for each day they ate breakfast at school. New students tried breakfast during that time and the teachers got involved and supported the program
- Plans to focus on increasing breakfast participation this year and creating literature to remind parents that breakfast is included for children qualifying for free and reduced lunch (especially for the 6 schools with greater than 90% of students qualifying for free and reduced meals)
- Helped develop and implement a recycling program (see below)
- Implemented guidelines and has been involved in the Elkhart County Childhood Obesity Initiative (see below)

### **Recycling Program**

Along with Dr. Robert Woods, Director of Business Operations, the Food Services Department has helped establish a model recycling program in Elkhart schools. Beginning in the spring of 2009, the program has expanded from one elementary school to all 14 elementary schools, serving up to 6,500 meals per day. Currently, 95% of the cafeteria products are recyclable, including the containers, the film seals on the containers, and any foil that is used. Secondary schools will begin implementing the program by the end of the 2009-2010 school year.

The students have the opportunity to learn about recycling in the classroom, and then practice it throughout the school building. Trash cans with clear liners are for recyclable products and cans with black liners are for non-recyclable products. Custodians empty the bins and send all the bags to Michiana Refuse, the local refuse company that has worked with Elkhart Community Schools to maximize the efficiency and effectiveness of the

recycling program. Cafeteria workers, custodians, and teachers have all admitted that it does not add more work. Dr. Woods emphasized the importance of a "team effort" in implementing and maintaining a successful recycling program in schools.

### **Elkhart County Childhood Obesity Initiative**

Elkhart Community Schools and the six other public school districts in Elkhart County (Baugo, Concord, Fairfield, Goshen, Middlebury, and Wa-Nee) joined up with the Elkhart County Childhood Obesity Initiative (ECCOI), founded by Elkhart General Hospital, Goshen General Hospital, and the Elkhart County Health Department. The Elkhart County Childhood Obesity Initiative (ECCOI) was formed in 2005 to fight childhood obesity in Elkhart County.

"The problem that we have nationwide and locally is, there is an epidemic of obesity and overweight children. We just don't want to have schools be a place to promote that," stated Dr. John Hutchings, Elkhart Community Schools' Director of Student Services. Dr. Hutchings is a member of the ECCOI School Food Workgroup and aided in

the development of a number of recommendations and resources which Elkhart County Schools' Food Service Department utilize, including:

- Guidelines for all food that is available to children at school, including food in school vending machines, concession stands, fundraisers, classroom parties, and after-school activities
- Distribution (in English and Spanish) of booklets from the ECCOI, titled "School Food Guidelines," to parents in every school that agrees to adopt the guidelines
- Creation of a Healthy School Food Award that recognizes schools who made efforts to implement the recommendations in the Healthy School Food booklets

### **Synopsis**

Recognizing the value of their Food Service Department, Elkhart Community Schools has included food service personnel in a number of endeavors and initiatives resulting in more effective and successful programs throughout the corporation. By working with various groups and areas within the school corporation and the community, the Elkhart Community Schools' Food Service Department has truly exemplified how dynamic and successful school food service can be.

For more information contact Pam Melcher at [pmelcher@elkhart.k12.in.us](mailto:pmelcher@elkhart.k12.in.us).



To hear the calendar as a narrative, click [here](#)

## CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

ITEM or PROCESS	DUE DATE	SUBMIT TO DOE	RETAIN IN FILE
CNPweb packet for new Program Year: Sponsor Information Sheet Site Information Sheet(s) Other documents <u>starred</u> on packet page	June 20	√ on line	
Permanent Agreement	June 20	√ paper	<a href="#">Narrative available, click here</a>
Food Service Mgmt Co. Contract/ Vended Meals Contract	June 20	√ paper	
* Direct Certification	July 1 – school start		√
* Parent Letter/Free/Reduced Application To all households <u>not</u> directly certified	<u>After</u> Direct Cert – school start		√
FDP re-certify for new program year	August	√ on line	

### Director's Corner

On behalf of the Office of School and Community Nutrition, welcome to the first edition of our new and improved "Nameless Newsletter". Our creative juices have been completely stymied by the smell of flowers blooming and the warm, spring sun. Consequently, we cannot come up with an effective and catchy name for our newsletter. So we are soliciting your help. But, there is a catch. One of our "food service director friends" suggested we reward the winner of the "Name that Newsletter Contest" with a visit for a day from me to work in the winning school's cafeteria. I think that is a fantastic idea so, we are currently accepting nominations on the future name of our newsletter. The winner (or loser, depending how you look at it, a whole day with me can be challenging, ask my co-workers) will be contacted to set up a day for me to come to your school and roll up my sleeves. Please submit name ideas directly to me via email, [khatcher@doe.in.gov](mailto:khatcher@doe.in.gov) and make sure to include your name, title, and the name of your school and corporation. We hope you like our "Currently Nameless Newsletter". We look forward to hearing from you!

Best wishes,  
-Kent Hatcher, Director  
Office of School and Community Nutrition

### Meet Our Staff

Meet **Emily Cates**, School Nutrition



Program Field Consultant. She moved to Indiana from Western Pennsylvania in 2004, shortly after graduating from Penn State with a bachelor's degree in hotel, restaurant, and institutional

management. She and her husband, Jesse, have an 11-month old daughter, named Alexandria and a 15-year old Pekinese/Poodle/Spitz mix, named Teddy.

When Emily is not chasing after her daughter, she watches Lifetime movies or snuggles up to a good James Patterson or John Grisham book. And, though she is a huge sports fan, she cheers for Penn State, the Pittsburgh Penguins, and the Pittsburgh Steelers. Hopefully, her NFL taste gets better the longer she stays in Indiana!!



## Try This!

### Apple-Raisin Ladybugs

#### Ingredients:

2 lettuce or kale leaves  
1 medium Red Delicious apple, quartered  
2 tsp creamy peanut butter  
2 Tbsp raisins  
5 seedless red grapes

Place lettuce leaves on two salad plates. Arrange 2 apple quarters, peel side up, on the lettuce. Use a dab of peanut butter to place raisins in the space between the apple quarters. Place 1 grape at the stem end of the apple, for the head. For the legs, cut the remaining grapes, lengthwise, into four pieces; place three on each side of the ladybugs. Place small dabs of peanut butter on the remaining raisins and gently press onto apples for "spots". Yield: 2 servings

*Submitted by: Mary Morter, Cafeteria Manager at Fairview Elementary School, Logansport School Corp*

To send your own unique, seasonal, or special diet recipe, click [here](#)

### Tina's Grape Salad

#### Ingredients

3 - cups red grapes  
3 - cups green grapes  
8 oz. cream cheese  
8 oz. sour cream  
1 cup powdered sugar  
1½ teaspoon vanilla

#### Topping

1½ - cup chopped walnuts  
1½ - cup packed brown sugar

#### Instructions

Wash and cut grapes in half, set aside in mixing bowl. Mix sour cream, cream cheese, powdered sugar, and vanilla together. Mix well, then fold in grapes. Chill for 2-3 hours or overnight.

#### Topping Instructions

Mix brown sugar with the walnuts. Sprinkle over the top just before serving.

*Submitted by: Tina Manuel, Cafeteria Manager at West Grove Elementary School, Center Grove Community Schools*

## Food Distribution Notes

Since we are quickly approaching the end of the school year, schools who currently have cases of commodities in their inventory will want to place delivery orders in accordance with their established delivery periods through the end of June. This ordering procedure applies to schools who also operate a summer feeding site and

receive commodities for that program.

If you choose to leave some cases of commodities in your inventory over the summer break, remember they may be subject to excess storage fees if left past the allocation expiration date.

Additionally, cases of commodities left in inventory which subsequently reach the allocation close date will be taken

out of your inventory and placed into the State surplus.

Best practice would be to place delivery orders so your entire remaining inventory would be delivered prior to the end of June.

For more information, contact John Moreland at [jmorelan@doe.in.gov](mailto:jmorelan@doe.in.gov).

## Team Nutrition Notes

### School Meals: Building Blocks for Healthy Children

This is a report of the National Academies' Institute of Medicine (IOM), Food and Nutrition Board, which was commissioned by the USDA Food and Nutrition Service. It is available [here](#). It may also be obtained through the Institute of Medicine website. This is the final version of the report. An earlier, prepublication version was made available in October 2009, but should no longer be used.

### Effectiveness of School Fruit and Vegetable Schemes

This report systematically reviewed the evidence of effectiveness of interventions to promote fruit and/or vegetable consumption in children in schools worldwide. For more information, click [here](#).

### Healthier Students Are Better Learners: A Missing Link in Efforts to Close the Achievement Gap

A new study, published March 2010, "Healthier Students are Better Learners" brings together the most recent findings in fields ranging from neuroscience and child development to epidemiology and public health. For more information, click [here](#).

### Join the Team Nutrition Listserv

To join the Team Nutrition Listserv, click [here](#).

For more information on Team Nutrition, contact [nutrition-support@doe.in.gov](mailto:nutrition-support@doe.in.gov)





## Other Notes

### Summer Food Service Program (SFSP)

The Summer Food Service Program (SFSP) was created to serve nutritious meals to children when National School Lunch and School Breakfast Program meals are not available. To ensure all children receive proper nutrition throughout the year, SFSP reimburses organizations that prepare and serve meals to eligible children during the summer and school vacation periods. A brochure on the Summer Food Service Program may be found [here](#).

For more information, contact Tina Skinner at [tskinner@doe.in.gov](mailto:tskinner@doe.in.gov) or 317-232-0858.

### Transition: Seamless to Summer

Perhaps you have considered enrolling in the Summer Food Service Program, but are hesitant to get started. The Seamless Summer Option would be a great way to transition into the role of feeding children in the months when school is out. If your school is in an area where at least 50% of your enrolled students are eligible for free or reduced price meals, it couldn't be easier. The same NSLP and SBP rules apply for meal service, but the meals are served free of charge to all children 18 years and younger who participate.

Interested in additional information? Contact Marcia Yurczyk at [myurczyk@doe.in.gov](mailto:myurczyk@doe.in.gov) or (317) 232-0852 or visit the United States Department of Agriculture (USDA) Seamless Summer webpage—click [here](#).

### New Feature in CNPweb

There is a new feature in the CNPweb under the School Nutrition Program's purple puzzle piece. To help schools view their reimbursements for the school nutrition programs, they can go to the payments tab. If a school receives commodities from the food distribution program, they can see their commodities invoice in the payments tab. This shows a detailed description of their commodities ordered and their total costs which will be deducted from their reimbursement.

Bottom of Form

Sponsor Summary									
Packet	Applications		Claims / AFR		Payments			Users	
Open Balance Transactions			Lunch	Breakfast	Snack	Milk	Match	Total Payable	
March 2010 Claim			215,183.56	58,199.20	0.00	0.00	0.00	273,382.76	
FDP Invoice 44619			-1,721.42	0.00	0.00	0.00	0.00	-1,721.42	
Total Open Balance			213,462.14	58,199.20	0.00	0.00	0.00	271,661.34	
Batch Number	Process Date		Lunch	Breakfast	Snack	Milk	Match	Total Payment	
4263	3/9/2010		166,933.70	41,063.34	0.00	0.00	0.00	207,997.04	
4258	2/8/2010		167,917.70	36,415.90	0.00	0.00	0.00	204,333.60	
4250	1/8/2010		123,185.95	33,783.72	0.00	0.00	0.00	156,969.67	
4242	12/16/2009		182,909.97	53,554.04	0.00	0.00	0.00	236,464.01	
4236	12/1/2009		175,962.92	50,047.94	0.00	0.00	0.00	226,010.86	
4229	10/28/2009		199,185.23	58,285.50	0.00	0.00	0.00	257,470.73	
4228	10/27/2009		0.00	0.00	0.00	0.00	15,673.93	15,673.93	
4221	9/23/2009		127,215.80	32,605.60	0.00	0.00	0.00	159,821.40	
Total Payments			1,143,311.27	305,756.04	0.00	0.00	15,673.93	1,464,741.24	

Top of Form

### Fresh Fruit and Vegetable Program

The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

Click [here](#) for the Fresh Fruit and Vegetable newsletters.

### Direct Certification

Direct Certification is a valuable technique that can result in substantial time saved by both parents and school administrators. When properly used, fifty percent or more of your free eligible students can receive their benefit without having to complete the application form. Recent proposed legislation may establish direct certification target levels for schools that the state agency would then have to monitor. For a variety of reasons it's important that the techniques be implemented properly. Click [here](#) for a discussion of ways to improve your results and operate more efficiently! Contact John Todd at [jtodd@doe.in.gov](mailto:jtodd@doe.in.gov) or (317) 232-0865, if you have further questions.

### Indiana School Nutrition Association (ISNA)

The Indiana School Nutrition Association offers a number of professional development opportunities, promotes public awareness, and addresses legislative issues in order to ensure the availability and delivery of quality nutrition programs in Indiana's schools.

You can access the ISNA homepage [here](#).

This is a quarterly publication, developed by the Indiana Department of Education  
Office of School and Community Nutrition.

<http://www.doe.in.gov/food/>



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

*In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*

*To file a complaint, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY).*

*USDA is an equal opportunity provider and employer.*

It is the policy of the Indiana Department of Education not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies as required by the Indiana Civil Rights Laws (I.C. 22-9-1), Title VI and VII (Civil Rights Act of 1964), the Equal Pay Act of 1973, Title IX (Educational Amendments), Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act (42 USCS § 12101, et seq.).

Inquiries regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Human Resources Director, Indiana Department of Education, 151 West Ohio Street, Indianapolis, IN 46204, or by telephone to 317-232-6610, or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL 60606-7204

-Dr. Tony Bennett, State Superintendent of Public Instruction.